

Aging Mastery Program®

Join the adventure!



The Benjamin Rose Institute on Aging and the Cleveland Department of Aging will be running the Aging Mastery Program® from the National Council on Aging at:

ZELMA GEORGE RECREATION CENTER - Wednesdays at 10:00am, beginning February 3, 2016

BOHN ROSE CENTER FOR AGING WELL - Thursdays at 10:30am, beginning February 4, 2016

COLLINWOOD RECREATION CENTER - Fridays at 9:30am, beginning February 5, 2016

The 10-week Aging Mastery Program® (AMP) encourages *mastery*—developing behaviors to promote improved health, and overall well-being.

By participating in this program, you will:

- Make and maintain small but important changes in your health behaviors, financial well-being, and social engagement.
- Get incentives and rewards for taking small steps that can improve your well-being.
- Meet new friends, provide support and encouragement to your peers, and become more involved in your community.

LIMITED SPACE – SIGN UP NOW!

Program is free, but registration is required by January 27.

*Presented with support from
The Cleveland Foundation.*

More information at: www.benrose.org/amp



CITY OF CLEVELAND
Mayor Frank G. Jackson



Please RSVP to Katie Gedeon at the Cleveland Department of Aging at (216) 664-4383 or kgedeon@city.cleveland.oh.us if you are interested.